



**SUMMER**

**1988**

**UFM**

**Looking for something  
special this summer?**

**Check out these  
classes & activities...**

Parliamentary Procedures  
Auto Repair  
Kansas Buffalo  
Ballroom Dancing  
Electronic Keyboard  
Photography Workshop  
Scuba Diving  
Darts  
Right/Left Brain  
Celtic Music  
Edible Landscape  
Radon Gas  
Investing  
Karate  
Therapeutic Touch

**FREE CATALOG**

**Classes begin**

**June 6, 1988**



Dear Friends:

UFM is the oldest "free university" in the country. While others have closed their doors, UFM has managed to continue because of its broad base of support and its diverse programs.

All of us realize that the heart of UFM has been people --the tens of thousands who have taken classes, the thousands who have volunteered their time to teach, and the hundreds who have come together to organize projects to meet human needs in the community.

In the Spring Catalog we asked for your thoughts. Your responses identified two strengths of UFM. One strength is the unique model of community-based education and the link to life-long learning. The other strength is the network building that has resulted in projects such as the Lou Douglas Lectures, Community Gardens, the H.O.M.E. Program, and the darkroom and pottery studios.

Thank you for your responses and suggestions. If you would like to be considered for an advisory group that will help identify new class ideas and teachers, please let us know.

Thanks also to those of you who keep UFM going by your support of the UFM Annual Fund Drive. Tax-deductible contributions can be sent to UFM, 1221 Thurston, Manhattan, Kansas 66502. Contributors will be listed in the Spring Catalog.

We hope you will enjoy looking through the catalog and will participate in at least one of the summer classes.

*Richard Friesen*

Richard Friesen  
Executive Director

*Eunice Dorst*

Eunice Dorst  
Campus/Community  
Coordinator

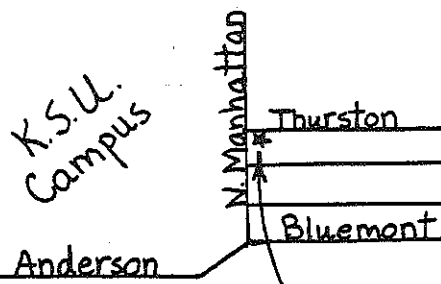
## REGISTRATION SCHEDULE

\* Registration forms are on the back page.

Wed.	May 25	Manhattan Public Library	5pm - 7pm
Thurs.	May 26	K-State Union	11am - 2pm
Sat.	May 28	Dorothy Bramlage Library Junction City	2pm - 4pm
Sun.	May 29	UFM House	2pm - 4pm
Tues.	May 31	Manhattan Public Library	11am - 2pm 5pm - 7pm
Wed.	June 1	K-State Union	11am - 2pm
Thurs.	June 2	UFM House	5pm - 8pm
Sat.	June 4	UFM House	2pm - 4pm
Sun.	June 5	Dorothy Bramlage Library Junction City	2pm - 4pm

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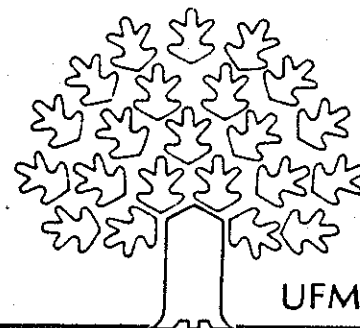
Class locations will be  
noted on your receipt.



539-8763

1221 Thurston

UFM is located  
on the east side  
of campus.



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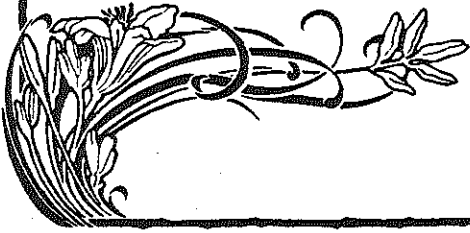
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# Fine Arts



539-8763  
1221 Thurston

## INTERMEDIATE PHOTOGRAPHY FA-1

Barbara Rutherford

Photography beyond the snapshot will be the emphasis of this class: composition above the basics, as well as more contemporary artistic approaches to producing photographs. This more advanced class will help the creative person find new ways to express him/herself through photography. Also, for those wishing to create several pieces of work, we can explore ways of locating an exhibit space and putting on our own show. Participants are responsible for providing their own camera and film.

(Barbara is a professional photographer with a wide variety of experience.)

Tuesdays, June 7-July 12, 7-8:30pm  
(meets 6 times)

Class Fee: \$12, pay at registration

Materials Fee: None

Limits: Min. 3 / Max. 10

## DARKROOM FA-2

Barbara Rutherford

Learn to develop your own black and white photographs, understand composition, and improve your camera skills. You will need a 35mm camera and black and white film. On completion of this course you will be qualified to use the UFM darkroom with the purchase of a membership. (Barbara is a professional photographer with a wide variety of experience.)

Wednesdays, June 8-July 13, 7-9pm  
(meets 6 times)

Class Fees: \$16 (includes chemicals, and supplies.) Pay at registration

Materials Fee: \$1 for handouts, pay at first class

Limits: Min. 1 / Max. 4

## UFM PHOTOGRAPHY DARKROOM CO-OP BLACK & WHITE AND COLOR

Tony Ridder 456-9132

Located just one block east of campus in UFM House, the UFM darkroom is available to anyone who needs access to a well equipped facility. The equipment is capable of handling up to 11x14 prints and 6cm x 6cm negatives as well as 35mm. The black and white fee includes everything but paper. The color fee includes everything except paper and chemicals. The color equipment enables you to develop film or slides and to make prints from negatives or from slides. For those who wish to use the darkroom, but do not wish to purchase a membership, space is available at the rate of \$5 per hour.

Co-op Fees: pay at registration

### Black & White Only:

8 weeks	\$20 new member,	\$15 renewel
1 semester	30 new member,	25 renewel
2 semesters	40 new member,	35 renewel
3 semesters	50 new member,	45 renewel

### B & W and Color:

8 weeks	\$25 new member,	\$20 renewel
1 semester	35 new member,	30 renewel
2 semesters	45 new member,	40 renewel
3 semesters	55 new member,	50 renewel

Limit: None

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## PHOTOGRAPHY WORKSHOP FA-3

Saturday, July 9, 10am-5pm

Workshop Presenters:

Ron Hoffman  
Tony Ridder

This one-day photography workshop will be divided into two categories: available light and studio photography. Actual shooting of subjects in available light will be explored on location. Studio photography will cover lighting in an actual studio through the use of a video camera and television screen. Bring your camera, tripod, flash units, whatever film you wish to use, and your lunch.

Ron Hoffman has been an instructor of photography at KSU, is an artistic and professional photographer, and is Director of the Media Center in the College of Education at K-State. Tony Ridder has done artistic and professional photography for three years.

Sign up for this workshop early!

Cost: \$24



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Class locations will be  
noted on your receipt.

3

ELECTRONIC KEYBOARDS: FA-7  
PERFORMANCE AND ANALYSIS

Rick Pontalio 776-9911

This is an instructional course designed to explain the basics of synthesis and how sounds are made. This class will appeal to synthesizer owners who want to learn more about theory and their particular synthesizer to create new sounds using parameters available to them. Have fun being creative and get the most out of your keyboard. Performance aspects will be discussed and how the computer can help performance. This course is designed for the beginning or intermediate level. (Rick, originally from Kansas City, MO, has been playing piano for 13 years, and has been involved with synthesizers for the last five years. He has performed with bands locally and in Kansas City. Rick has received one year of formal training at the Conservatory of Music, UMKC.)

Monday, June 6-July 18, 6:30-7:30pm  
(class meets 7 times)  
Class Fee: \$10, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

INTRODUCTION TO HARP FA-9

Florence Schwab

This class will offer the opportunity to see various kinds of harps, from the small Gothic harp to the beautiful concert harp, and to experience playing them. Proper technique, method of tuning, and a brief history will be presented. Pop, jazz, and the classics are all effective on the harp. (Florence has taught harp students both here and abroad, and currently is a freelance harpist at Malls, weddings, and receptions.)

Thursday, July 14, 7:30-9:30pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None

## BOOK SHOP

Books Magazines  
Pipes & Tobacco

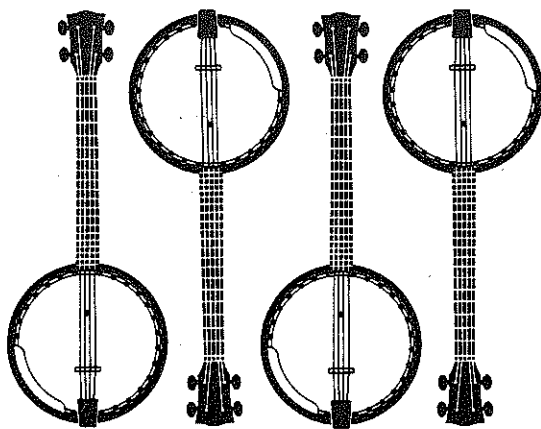
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4

*Class locations will be noted on your receipt.*



AUTOHARP WORKSHOP FA-8

Linda Teener 537-0508

Tuning, use of fingerpicks, rhythm backup and picking melody lines, are some of the topics to be covered in this class. A basic orientation to the autoharp will be given and information on diatonic tuning will be available.

(Linda has been playing the autoharp for years and has also taught others to play.)

Saturday, June 25, 1-3pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 2 / Max. 5

FOLK DANCING FA-12

Paul Weidhaas 539-4805  
Enid Cocke

Learn to dance the polka, waltz, schottische, and hambo. (Learn what a hambo is!) In its seventh year, the Flint Hills Folk Dance Fellowship does a wide variety of traditional dances from America, Europe and Israel. Beginners are welcome and partners will be provided. (Enid and Paul danced before they could walk.)

Third Friday of each month  
Begins June 17, 7:30-9:30pm  
(Ongoing)  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. None



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FOLK BLUEGRASS MUSIC GET TOGETHER

FA-10  
Tony Ridder 539-8763

There are many of us down-home musicians that go to the Walnut Valley Bluegrass Festival in Winfield every year without even knowing one another in our own home town. Now is the time to get acquainted. No instructors here - only the chance to learn from each other. All instruments are welcome. Come join the group for an afternoon of sharing music.

(Tony is a guitar player and folk singer who enjoys getting together with other musicians to sing and strum.)

Saturday, June 11, 2:30pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None

CELTIC MUSIC WORKSHOP FA-11

Paul Weidhaas 539-4805  
Charlie Griffin

We will spend an evening playing, singing, and dancing to traditional Irish music played on the fiddle, concertina, penny whistle, hammered dulcimer, bodhran, mandolin, bones, and guitar. Bring your musical instruments, voices, and feet. We will talk about the origins of the music of the British Isles, discuss the different instruments, jig a little, and hope everyone will join in.

(Paul is a member of the Life of Riley and has been playing celtic music around the area for several years.)

Friday, June 10, 7:30-9:30pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. None

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Leonard Bishop 1-258-2066

All levels of craft in fiction writing will be covered: dialogue, foreshadowing, characterization, major and minor relationships, story, plot-line, situations, dramatic events, 1st person, 3rd person, opening chapters, general devices, narration, introspection, continuity, motivation, sex situations, proper prose, cameo characters, complex characters, complicated scenes, details, etc. (Leonard has taught writing for over 25 years, has published nine novels, and has written a book on professional writing to be published by Writers Digest.)

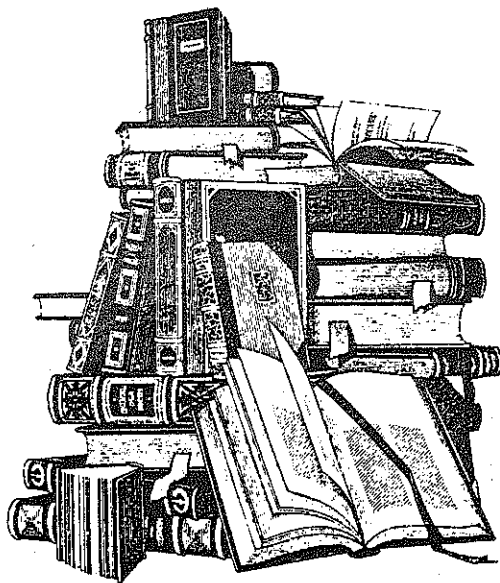
Mondays, June 13, 20, 27, 7-9:30pm  
 Class Fee: \$10, pay at registration  
 Materials Fee: \$2, pay at class  
 Limits: Min. 8 / Max. None

COLLECTING ART FA-4

Julie Strecker 529-2139

Do you know how to make an intelligent decision when buying art whether it be for decoration or an investment? In this class you will learn how to select works of art which are personally pleasing to you. We will identify specific techniques, evaluate artists, discuss appropriate prices, and learn about framing and care of art once you own it. (Julie is the owner of Strecker Gallery and has been a collector of fine art for many years.)

Tuesday, June 14, 7:30-8:30pm  
 Class Fee: \$5, pay at registration  
 Materials Fee: None  
 Limits: Min. 5 / Max. 12



BOOKMARKS FA-21

Evelyn Campbell

Save those beautiful flowers in your garden! Make a bookmark or a greeting card from dried and pressed flowers. We will also show you how to dry and press your own flowers and how to use them to make small gifts for your friends. (Evelyn is a 1988 Co-ordinator of the Manhattan Community Gardens and a senior in horticultural therapy at K-State.)

Tuesday, June 28, 7pm  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$3, pay at class  
 Limit: Min. 5 / Max. 15

PERFUMES AND POTIONS FA-20

Carol Ebert 1-456-2841

Now you can concoct your own special body perfumes. Learn how to mix body rubs, hair rinses, colognes, bath oils, and signature perfumes. Be creative and discover the uniqueness of your own signature products. (Carol owns an herb shop and makes many of the herbal products.)

Tuesday, July 12, 7-8:30pm  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$1.50, pay at class  
 Limits: Min. 4 / Max. 10

Lee Killough 776-6584

Do you like to write? You are not alone. Let's get together and talk about writing, how you build background and characters, and how you go about submitting your manuscript for publication. Bring all your questions about writing -- let's talk about it. (Lee is author of nine published novels and numerous short stories, and is currently the secretary of the Science Fiction Writers of America.)

Tuesday, June 7, 7-9:30pm  
 Class Fee: \$6, pay at registration  
 Materials Fee: None  
 Limits: Min. 4 / Max. 20

BEGINNING CALLIGRAPHY FOR RIGHT-HANDERS FA-15  
 Debra Rosproy 1-239-3026

Do you enjoy seeing the elegant script of calligraphy, but think you could never do anything so lovely? Well, you are wrong. Once you learn the steps for each letter, you will be amazed at how quickly you can pick it up with a little practice. There are a variety of styles to choose from. Once you learn the basics, you will be able to progress onto the most difficult styles with very little extra effort. (Debra learned calligraphy in Denver in 1980 and has been using it ever since for cards, posters, and other personal items.)

Friday, June 17, 6:30-9pm  
 Class Fee: \$5, pay at registration  
 Materials Fee: \$2, pay at class  
 Limits: Min. 5 / Max. 10

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Class locations will be noted on your receipt. **5**

### UFM POTTERY COOPERATIVE

The Pottery Studio is a facility available to anyone who feels confident working alone. No instruction is provided. The studio is a self-supported facility run by members for members with two coordinators to provide structure and to fire the kiln. Your membership entitles you to 12-1/2 lbs of clay every four months, all the recycled clay you can produce (to be used at this studio only), kiln space and glazes. In order to cover material and facility costs, the membership is based on a cash fee and in-kind contributions.

### ANNUAL MEMBERSHIP

Cash Fee: -----\$45/annum  
(May be paid at the rate of \$16 every 4 months.)

### OTHER MEMBERSHIPS

4 MONTHS:  
Cash Fee: -----\$25

8 MONTHS:  
Cash Fee: -----\$35

(SHORTER PERIODS OR ONE TIME USAGE CAN BE ARRANGED)

### IN-KIND CONTRIBUTIONS

- \* UFM Coffee mugs for resale
- \* Co-teach classes or workshops
- \* Locate teachers for classes or workshops
- \* Assist with other income producing projects

Any member signing up for a period of more than four months will be expected to sign up for one or more of the above in-kind contributions

### ADVANTAGES

- \*\*You will have the opportunity to meet and work with other area ceramicists
- \*\*You can explore several areas of ceramics other than functional pottery
- \*\*You can become involved in a studio operation
- \*\*You may sell your pottery through pottery sales at the UFM House

FOR FURTHER INFORMATION  
CALL UFM 539-8763

**6**

*Class locations will be noted on your receipt.*

### BASIC WEAVING

FA-16

Susan Lala

You will learn how to prepare the loom for weaving and learn a variety of weaving patterns in this concentrated course. It is important that you plan to attend all 4 classes. There will be 'out of class' weaving. (Susan has been weaving for 21 years and finds it more fun each year.)

Wednesdays, July 13-Aug 3, 1-3pm  
(Note: July 13 class will meet 1-4pm)  
Class Fee: \$8, pay at registration  
Materials Fee: \$20, pay at class  
Limits: Min. 3 / Max. 4

### MACHINE KNITTING ON BROTHER

FA-17

Darlene Crabb 776-6801

Machine knitting is fast and easy. You will begin by making swatches, and by the end of the course, you will know how to work with a double-bed and a color changer. Machine weaving will be covered in the final session.

(Darlene has been machine knitting for a period of 3-1/2 years and finds it a wonderful and totally awesome experience. Darlene says, "I enjoy teaching classes where the work becomes fun.")

Thurs/Wed/Thurs/Thurs,  
June 9, 15, 23, 30, 7-8:30pm,  
(class meets 4 times)  
Class Fee: \$6, pay at registration  
Materials Fee: \$4, pay at class  
Limits: Min. 4 / Max. 10

### WINDOW WIZARDRY

FA-18

Kathy Burke 539-2821

Windows are important architectural decorative elements in a room. Their enhancement has been practiced by people for centuries. The window treatment options available today are practically limitless. They vary from nothing to too much! Although most people think of beauty first, a successful treatment plays many roles. We will discuss the pros and cons of the many different styles of treatments in fashion today, their function, energy and conservation. Information will be given for do-it-yourself construction. (Kathy is an Extension Interior Design Specialist and a "do-it-yourselfer.")

Monday, June 20, 6:30-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 8 / Max. None

### BALLROOM DANCE

FA-13

Donna Larson & Wendell Kleiner

You no longer have to sit on the sidelines tapping your foot when the music begins to play. Join this class and learn the basics of the foxtrot, jitterbug, two-step, polka, waltz, rumba, and cha-cha. Couples and singles welcome. (Wendell and Donna enjoy dancing and would like to help you learn to enjoy dancing too.)

Thursdays, June 9-July 7, 7:30-9pm  
(meets 5 times)  
Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 20

### SWING DANCE

FA-14

Art Clack 539-4121

Are you looking for a foot-stompin' good time? Take a spin with Art and do the sharp moves, dips, turns and slides of country western swing dance. Come join the fun and learn a life-long way to keep in shape and relax. (Art has been teaching swing dance for eight years.)

Wednesday, June 8-22, 6:30-8pm  
(class meets 3 times)  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 18

### PERSONAL COLOR AT HOME

FA-19

Kathy Burke 539-2821

Since the early 1980's the rage of "personal" colors best suited to fit a skin tone has affected the way many persons dress and use cosmetics. The use of one's best seasonal colors in home decorating is fast becoming a topic of conversation. It takes a combination of courage and expertise to design and furnish a room or a home. Color can often be one of the most difficult choices when decorating. (Kathy is an Extension Interior Design Specialist and a "do-it-yourselfer.")

Monday, June 13, 6:30-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 10 / Max. None





# Self

539-8763  
1221 Thurston

## SINGLE MOTHERS' VOICE DISCUSSION AND POTLUCK S-1

Peggy Bell

Feeling so disadvantaged and down that you are unable to imagine change? Come and be part of a collective voice of single welfare mothers who are trying to create change for all of us. Bring a covered dish to share, and forks, spoons, and plates for you and yours. If you genuinely want to make changes in your life, join us and bring your strengths, wisdom, struggles, skills, hopes, anger, love, worries, and goals to share in our publication, "The Single Mothers' Voice."

(Peggy has been a single mother for ten years and is volunteer editor of "The Single Mothers' Voice.")

Wednesdays, June 1, 6pm  
(ongoing)

Class Fee: \$2, pay at registration  
Materials Fee: \$4, optional subscription to Newsletter. Please pay to Peggy Bell

Limits: Min. 3 / Max. None

## DEATH & DYING: PRACTICAL CONCERNS AND CONSIDERATIONS S-7

Shirley Marshall, Ph.D. 537-0289

The best time to prepare for death is long before it happens. There are many death related choices and decisions that require consideration and family discussion. We will look at some of the following issues: living will, body disposal options, anatomical gifts, death ceremonies, funeral and burial practices, laws, and costs.  
(Shirley is a Human Development/Family Life Educator with a special interest in the subject of death education.)

Thursday, July 7, 7-10pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 10

## WOMEN WHO FEEL GUILTY S-3

Dianne Perrote

Women are socialized to accept the sole responsibility for the success of their relationships and the happiness of others. When a relationship fails, or if we are unable to 'fix' the unhappiness of another, we feel guilty--somehow, somewhere we failed. Learn to free yourself from guilt by not accepting responsibility that is not yours. Through discussion and sharing experiences, we will find ways to let go of guilt.

(Dianne has become very aware of the sociological pressure to accept misplaced responsibility and guilt.)

Sect. I: Monday, June 13, 7pm

Sect. II: Wednesday, July 6, 7pm

Class Fee: \$5/Sect. Pay at registration

Materials Fee: None

Limits: Min. 3 / Max. None

## QUALITY PLAY WITH YOUR CHILD

Sue Boxer

S-6  
537-3945

With so many demands on parents working outside the home, or meeting the demands inside the home, spending quality time with your child is an essential part of a parent's day. Learn how to turn simple play activities into loving, learning moments. A practical hands-on course packed with tangible ideas for toys, songs, games, and more for parents of children 6 months to 5 years.

(Sue has directed preschools and daycamps in San Diego and Denver before moving to Manhattan with her husband and four children.)

Mondays, July 18 & 25, 7:30-9pm  
(meets 2 times)

Class Fee: \$5, pay at registration

Materials Fee: \$2, pay at class

Limits: Min. 6 / Max. 20

Dianne Perrote

Dianne, a former battered wife, will lead this discussion on spouse abuse. She will identify the myths and respond to questions such as why do women stay in abusive situations, what help is there for the abused spouse, and how can friends help? (Dianne was in a battering situation for many years: with the assistance of crisis centers she has now made the transition to living on her own and is working on her Master's degree in Family Life Education.)

Monday, June 20, 7-9pm

Class Fee: \$3, pay at registration

Materials Fee: None

Limits: Min. 2 / Max. None

## FOR PARENTS OF CHILDREN WHO HAVE WITNESSED ABUSE S-4

Dianne Perrote

Children who have witnessed abuse can have many problems. In this class we will share our experiences of how our children coped with their problems, and discuss what strategies have helped us to help them. (Dianne has children who witnessed abuse and has had to deal with the resulting problems.)

Monday, June 27, 7pm

Class Fee: \$4, pay at registration

Materials Fee: None

Limits: Min. 3 / Max. None

## PLAYTIMERS ANONYMOUS

S-8

Nancy Stover, Lonnie Catlin,  
Eunice Dorst

Explore and release your spiritual creativity through movement, art, song, writing, and other 'play' experiences. Within each of us exists a child still asking to be released: it is never too late for a happy childhood. Join us for a non-threatening, joyful experience of sharing, creating, and inner exploration.

Tuesdays, Begins June 21, 7:30pm  
(Ongoing)

Class Fee: \$8, pay at registration

Materials Fee: May vary each week

Limits: Min. 3 / Max. 10

**Class locations will be  
noted on your receipt.**

**7**

RELATIONSHIPS

S-5

Dr. Larry M. Peak 537-4014

How do our personality traits influence our relationships? Does "history repeat itself" in relationships? How do you attempt to change maladaptive patterns of behavior in relationships? The format will be group discussion led by the instructor.

(Dr. Peak deals with people and their relationships in his private Mental Health Practice.)

Tuesday, June 7, 5:30-7pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. 10

THERAPEUTIC TOUCH - THE BASICS

S-9

Lonnie Catlin

Therapeutic Touch is a new look at an old technique that helps to lessen pain and anxiety, promote health, accelerate the natural healing process, and maintain a higher level of wellness. Therapeutic Touch is a meditative process, motivated by compassion, and focused by clear intent to help the self and others. This is a natural potential in all human beings. It is a hands-on experiential experience and each will gain enough experience to begin using Therapeutic Touch in their daily lives. Wear loose clothes and be comfortable.

(Lonnie has studied Therapeutic Touch as a method of wellness since 1980 and received his Practitioner in 1986. He is also a Certified Hypnotherapist and will use this in the class.)

Thursdays, June 9-July 7, 7-9:30pm  
(meets 5 times)  
Class Fee: \$10, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 2 / Max. 10

INTRODUCTION TO CREATIVE VISUALIZATION

S-11

Eunice Dorst

This is an introductory course for those who wish to find out what visualization is, how it works, and how you can make changes in your life through using visualization techniques.

Wednesday, July 6, 7-9pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 4 / Max. None

**8**

*Class locations will be noted on your receipt.*

RIGHT/LEFT BRAIN EXPLORATION

S-10

Winkie Turner 539-6494

Cell Blocked?

That our left and right brains both have functions,  
By science is clearly seen;  
But its long seemed some ideas of mine  
Have come from the space in between.

Edward F. Dempsey

If your "internalness" responded to the above poem for an "unexplained reason," you might want to join in this gathering. Exploring the "O.K.ness" of being predominately right brained in a society that stresses otherwise, may be freeing to you!

Come, let's talk, share ideas and materials.

(Winkie has been interested in the right/left brain functions for a long time and has gathered much material and information.)

Mon./Wed. June 13 & 15, 7-9pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. None / Max. 10

PAGANISM

S-13

Flynt

What is Paganism? We will look at historical and contemporary attitudes and functions of the Pagan religion. Did you know Goddess worship is the oldest religion on earth? Come and explore an alternative religion that has grown up with mankind.

(After exploring a number of religions, Flynt became a Pagan in 1981 and now leads a group in the Manhattan area.)

Monday, July 25, 8-10pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

INTRODUCTION TO ZEN

S-12

Leon Rappaport &amp; other members of the Manhattan Zen group

The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Soto tradition of Zen meditation, including instruction and demonstration. Wear loose clothing and bring a cushion to sit on.  
(Leon has been a student of Zen for many years.)

Wed/Mon/Tues. June 22, 27, 28,  
7:30-9pm (meets 3 times)  
Class Fee: \$6, pay at registration  
Materials Fee: \$6, pay at class  
Limits: Min. 3 / Max. 9

NATIVE AMERICAN TEACHER

Arlene Morningstar, of Mohawk heritage, will return to Manhattan for her second year of teaching and healing in the Native American tradition. Presently living in Arizona, she has studied with Native medicine people both in western and eastern parts of the country. Besides these traditions, she offers modern alternatives in healing for groups and on an individual basis. Ms. Morningstar will be in Manhattan from July 7-14. She will do one or two classes, a public lecture, and a week-end workshop, plus healings on a private basis.

The schedule is as follows:

Thursday, July 7, 7:30pm ---\$20.

(pre-registration desired)

Crystal class: Techniques of Healing and Chakra Balancing with Crystals.

Meeting place: Krystallos, 1124 Moro, Manhattan.

Friday, July 8, 7:30pm ---Free

Public Lecture: Native American Medicine Ways and Alternatives in Healing.

Meeting Place: UFM Fireplace Room 1221 Thurston, Manhattan

Saturday & Sunday, July 9 & 10, 10-5pm (pre-registration desired.)

Weekend Workshop:

Native American Healing

-Medicine Wheel Healings

-Drumming & Dancing

-Medicine Bundles

-Sacred Ceremonies

-Prayer ties

-Healing Rocks

-Fetishes

-Sun Watch

-Pahos Feathers

Cost for both days, \$65.

Meeting Place: Location to be announced -- much of it will be held outdoors.

Private Healings by Request

INFORMATION: For pre-registration, requests for private healings, or general information, contact: Ms. Pat Embers 539-2819 or Lin Martin 539-0360

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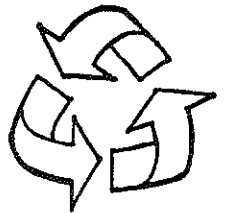
call 537-6332

**CORE (Committee On Recycling)**

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\*additional copies available for organizations





Caprice Becker

537-1383

This class will explore the use of mediators to bring victims of non-violent crimes together with the offender to determine appropriate restitution. Major goals of such mediation are to: a) give the victim an opportunity to confront the offender and have a sense of involvement in the sentencing procedure, and, b) allow the offender to see how his/her actions have affected others, thus encouraging him/her to take responsibility.

(Caprice has been a volunteer mediator for Victim Offender Mediation Services in Wichita for seven years, as well as being a member of the Executive Committee and more recently the Board of Directors.)

Thursday, June 16, 7-9pm

Class Fee: \$4, pay at registration

Materials Fee: None

Limits: Min. 5 / Max. 25

WHATS UNDER YOUR HOOD?  
DON'T GET RIPPED OFF!

C-13

Michelle Ernzen

Find out what is under the hood of your car and how it mechanically works. You will learn how to check for problems, choose a garage and mechanic, and learn how to get a repair estimate. Also, you will have some hands-on 'under the hood' experience and learn how to save a lot of money.

(Michelle has 3 years experience as a mechanic at a car dealership, is an ASE certified automobile technician, and has been teaching automobile classes at the college level for 2-1/2 years.)

Sect. I: Sat, June 11, 4-6pm


Sect. II: Sat, June 18, 4-6pm

Sect. III: Sat, June 25, 4-6pm


Class Fee: \$5/Sect. Pay at registration

Materials Fee: None

Limits: Min. 2 / Max. 10



**HAIR EXPERTS DESIGN TEAM**



**DISCOVER THE DIFFERENCE**

1323 Anderson  
Aggieville

**776-4455**

*Class locations will be noted on your receipt.*

9



# Community

539-8763

1221 Thurston

GUARDIANS AND CONSERVATORS C-3

Jean Krahn

776-1541

Were you aware that Kansas law differentiates between being a guardian and a conservator? We will look at what a guardian can and cannot do, and the responsibilities of a conservator. We will also discuss accountability to the Kansas courts who appoint the guardian and/or conservator. The class format will be informal discussion with time allowed for questions and answers. (Jean has been working with guardianship and conservator issues for four years and is a conservator for an individual. She is also the Project Coordinator of the Kansas Guardianship Program with Kansas Advocacy and Protective Services in Manhattan.)

Wednesday, June 22, 7-8:30pm

Class Fee: \$5, pay at registration

Materials Fee: None

Limits: Min. 4 / Max. None

BASICS OF INVESTING C-2

Rene J. Radil

537-4505

This is a three-part workshop to help individuals learn how to become financially independent. We will start with the basic concepts of when and how to start an accumulation program, and cover risk management, cash reserves, and income and growth investments. We will also study how personal preferences and attitudes, as well as inflation and taxes, have an impact on investments. At the conclusion of this workshop each participant will have his/her own completed, personalized financial plan. (Rene is a Registered Representative of Waddell & Reed, one of the largest financial and planning organizations in the United States with over \$7 billion under management.)

Tuesdays, June 14, 21, 28, 7-8:30pm

Class Fee: \$8, pay at registration

Materials Fee: None

Limits: Min. 6 / Max. None

TRANSPORTATION AND THE QUALITY OF LIFE C-7Peggy Bell, Earl Robinson,  
Sharon Reed

Transportation is a major quality of life issue the Manhattan community has failed to address. Lack of transportation significantly lowers the quality of life: women and children are having difficulty getting off welfare because they are unable to get to classes and daycare, employment prospects are lowered for those who cannot get to job interviews, and those needing medical services outside the Manhattan area are subject to unnecessary stress and possible lack of essential treatment. If you are willing to educate yourself and others on moving on this issue, please join us.

Thursday, June 9, 7-8pm

Class Fee: \$3, pay at registration

Materials Fee: None

Limits: Min. 3 / Max. None

HOW TO BUY A BICYCLE--NEW OR USED C-14

Dave Colburn

C-14

539-5639

We will discuss how to choose the correct style, size, and price range for your needs -- new or used.

Wednesday, June 22, 7pm

Class Fee: \$4, pay at registration

Materials Fee: None

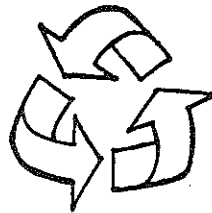
Limits: Min. 4 / Max. None

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HAIR EXPERTS DESIGN TEAM

DISCOVER THE DIFFERENCE

1323 Anderson  
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776-4455

*Class locations will be noted on your receipt.*

9

SIMPLIFIED PARLIAMENTARY PROCEDURES

C-9

Enell and Bernd Foerster

Learn the proper way to conduct a meeting, facilitate discussion, encourage participation, and assure fairness in debate. We will use Robert's Rules of Order, and The Board Member's Book as references.

Mon & Wed, July 11 & 13, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 6 / Max. 12

PUBLISHING YOUR LIFE STORY OR FAMILY HISTORY

C-15

Rhonda Keith

How many times have you wished you knew more about the lives of your parents or grandparents or anyone who's not there to tell you their stories? Your children and grandchildren -- and historians, perhaps -- can fill in some of the gaps in their knowledge if you take the time and trouble to leave a record on paper or tape. Rhonda will show you how she organized a group family history project for her own family. This class will help get you started, and if you are interested in print, explain how to publish a book in small quantities for your family and friends -- perfect for birthdays, anniversaries, and retirements. (Rhonda regrets very much not recording her grandmother's memories. She is head of Only You Publications, specializing in personal and family histories.)

Wednesday, June 8, 7:30pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limit: Min. 2 / Max. None



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**10** Class locations will be noted on your receipt.

ANIMAL RIGHTS

C-6

An informational meeting for those interested in becoming part of an awareness group. Educate yourself and others about the fraudulent waste of billions of taxpayer dollars and the use of millions of animals each year in the United States research laboratories. Animal research is big business and will continue to use our resources until we demand they stop. It is no longer an issue of 'your child or your dog'. Get the facts! All ages welcome. Please note this is not a debate meeting.

Monday, June 13, 7:30pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

BUILDING YOUR OWN HOUSE

C-10

Dean Denner  
Betsy Edwards  
Kate Bromley  
776-5589

Dean will share his experiences of designing and constructing his own home. He will talk about planning, the construction process, framing, wiring, plumbing, selecting materials, and the labor and materials cost per task. You will also be given a tour of his house. Betsy and Kate will also share their home building experiences. (Dean has designed and built his own passive solar house.)

Wednesday, June 15, 7-9:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. 25

BEGINNING CRAM COURSE ON INVESTING

C-1

Greg Barron 776-1066

This beginning investment class will take all the mystery out of the investment world in a one-night cram session. We will concentrate on basic investment tools. If you are short on time join us for a one night shot.

(Greg has a masters degree in Economics and is an investment advisor for Stifel Nicolaus & Co.)

Tuesday, July 5, 7-9pm  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

SUNROOMS

C-11

Dean Denner 776-5589  
Bill Dorsett 539-1956

Does your family want additional space for family activities or a place where you could grow plants or food in winter? Maybe a solar sunroom or greenhouse which utilizes supplemental solar heat can fill these needs. Numerous examples will be used to explain the different designs possible to meet the individual as well as energy needs. (Bill and Dean have been designing and building solar collector systems and sunrooms in Manhattan for the past eight years.)

Tuesday, June 14, 7-9:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. 25

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NON-VIOLENT, DIRECT ACTION:  
A WORKSHOP FOR THOSE WHO WISH TO  
MAKE CHANGES C-5

Ron Warman Jr. 537-6816

This will be a basic course in the current methods of active protest. We will discuss the dynamics of forming affinity groups and consensus decision making, with emphasis on personal attitudes and involvement in the world we live in. (Ron is a Salina, Kansas native. 1980 U.S. Army Soldier of the Year, and currently an anti-nuclear activist. He has walked on The Great Peace March for Global Life, The Florida Peace Pilgrimage, and The New England Walk for Nuclear Disarmament.)

Wednesday, June 15, 7pm  
Class Fee: \$3, pay at registration  
Materials Fee: \$.50, pay at class  
Limits: Min. None / Max. None

TRAVEL STORY SWAP C-16

Felix and Uteva Powers 539-8416

Have you noticed that it's hard to share your travel stories with people who don't travel? We want to hear where you have been and what you saw and did. Let's get together and swap our travel stories and experiences. (Felix and Uteva love to travel and hear about other people's experiences.)

Thursday, July 14, 8-10pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

RADIOACTIVE RADON GAS C-8

Dr. Gale G. Simons 776-3321

Radioactivity emitted by radon gas and its daughters will be considered as it pertains to homeowners. Topics to be covered include: radiation emissions, monitoring methods, and Environmental Protection Agency guidelines. Current information on radon levels in Kansas will also be presented.

(Dr. Simons is a professor of nuclear engineering and Director of the College of Engineering Radiation-Protection Research and Information Office.)

Thursday, July 14, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

THURSDAY MORNING PLAY GROUP

Diana Hatch C-17  
776-9921

This is an ongoing "Support Group" for at-home mothers. Pre-school age children play while moms visit with other adults. Mothers are responsible for their own children, so no separation is necessary. During nice weather we will meet outside, and during the colder months we will meet in homes of participants. This group has been in existence for about ten years.

Register and you will be contacted for first meeting.  
Class Fee: \$2, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None

APPROPRIATE TECHNOLOGY LIBRARY

Bill Dorsett C-12

With the AT microfiche library compiled by the volunteers in Asia, you can reference any of the 1150 most useful appropriate technology books from around the world. If you want to build a bridge, design a stove to save fuel, survey a field for irrigation, overhaul a gasoline engine, replant a forest, manage a small business, install a water system, or pursue any other small scale technology project, this could be a most valuable resource. Most of the best books are available from Farrell Library, Kansas State University. We will browse this unique reference source and discuss the broad range of AT areas available.

Monday, June 13, 7pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. None

Donated materials help UFM hold down its overhead costs. Can you help us with any of the following needs?

- \* IBM-compatible computers
- \* Folding tables and chairs for classrooms
- \* Tools and building materials for HOME Program
- \* Garden tools for Manhattan Community Gardens
- \* Floor covering suitable for pottery studio

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**ENCHILADAS, TACOS, BURRITOS, TOSTADA,**  
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10 a.m. Workshop and Children's  
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7 p.m. Discussion led by Sharon Powers

Meeting at UFM  
1221 Thurston Street  
Manhattan, KS.

Unity helps individuals find their  
own way to spiritual awareness.

Everyone is welcome.

Class locations will be  
noted on your receipt.

11



Sherri Swanson

Modeling and shaping are activities in which children in all stages of development can enjoy and participate. We will make play dough from a simple recipe and create unique and interesting shapes while increasing your child's sensorimotor skills. Please dress your child in old clothes.

(Sherri is a senior in Elementary Education, has two young children of her own, and enjoys helping children play with dough.)

Saturday, June 11, 10-11am  
Class Fee: \$3, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 3 / Max. 8

DAIRY GOAT FARM FIELD TRIP KS-8

Ron Pauli

Do you believe that goats really eat tin cans? Have you heard that goat milk tastes bad? Unfortunately goats have suffered an image problem for years. Goats are tame, domestic, friendly, clean, smart, can be trained, don't smell and give lots of good tasting milk. Come meet these animals and find out what they are really like. You can even sample some of their dairy products including milk and cottage cheese. (Ron has been raising goats for the past ten years.)

Wednesday, June 15, 7:30pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

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# For Kids Only

CHILDREN'S NATIVE AMERICAN  
WORKSHOP -- PART II

KS-1

Pat Embers 539-2819  
Jayne Link 539-7605

This class is for kids ages 5-12, who have taken the first workshop in this series and/or for those who would like to learn about nature in a meaningful way. We will do activities that will honor the beauty and life of the earth mother in the way of the Native American tradition.

The children will make feather plumes, prayer (tobacco) ties, go on an edible plant walk, and construct their own take-home medicine wheel. We will use found objects from the earth, which will be purified through smudging with sage. We will also learn new songs as we drum and dance around the yard and medicine wheel. We could use more drums, rattles, and bells if anyone has them available.

We are open to ideas for future classes. Some of our ideas include learning about tipi life, going on a camp-out, and inviting a Native American to help lead the class. (Jayne and Pat appreciate the response and continue to enjoy teaching this series for the children.)

Saturday, July 16, 10am-noon  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 20

INTRODUCTION TO PHOTOGRAPHY  
FOR CHILDREN

KS-2

(3 - 12 years old)

Barbara Rutherford

This workshop is an introductory class for children who would like to explore the uses of a camera to capture their viewings as well as moments in their childhood. This can be a valuable tool in learning to relate to others as well as the self. We will cover basic camera operation, film choices, composition, and ways of presenting photographs to others. A camera will be provided and the cost of one roll of film and processing is included in the class fee.

This workshop will be four days long and it is important that children attend all four sessions.

(Barbara, a professional photographer, is looking forward to working with children in this field.)

Thurs/Fri/Mon/Tues. June 23-28  
2-4pm (meets 4 times)  
Class Fee: \$10, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 8

SIT ROVER!

KS-7

DOG TRAINING/DOG TRICKS

Cheryl May

Teach your old dog some new tricks--or your new dog some old tricks--in this class for kids aged 8-16 and dogs over 6 months. You will learn the basic obedience skills--heeling, the sit, down and stay commands--plus a few "dog tricks". Bring your dog, a 6-foot leather or nylon lead, and a "choke" chain training collar.

(Cheryl teaches advanced obedience for the Riley County 4-H Kennel Club. She will be assisted by junior leaders from that group.)

Wednesday, June 29, 6:30-8pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. 8



**UNITARIAN-UNIVERSALIST Fellowship  
of MANHATTAN**

If you like to do your own thinking about religion, you may already be a Unitarian without knowing it!

Located at Oak Grove Center  
K-18 1/4 mile east of K-177  
Meeting Sundays at 11:00 am  
Phone 537-1817 or 537-2025

**12**

*Class locations will be noted on your receipt.*

**BEGINNING CERAMICS FOR CHILDREN**  
(AGE 6 AND UP) KS-3

Diana Hatch 776-9921

Each child will complete 3 projects: a kitchen trivet, a mug, and another project chosen by the child. Basic techniques will be emphasized and original artwork on each project will encourage every child's creativity. No previous experience required. Children should dress in old clothes.  
(Diana, who is a mother, believes that everyone has creative talent that can be developed for his or her own enjoyment.)

Tues/Thurs/Sat/Tues/Thurs  
July 19-28, 10-11:30am  
(meets 5 times)

Note: Registration deadline July 5  
Class Fee: \$3, pay at registration  
Materials Fee: \$20, pay at class  
Limits: Min. 1 / Max. 8

**KUNG FU FOR CHILDREN** KS-9

Stan Wilson 539-7723

Students will learn the modified basics of Pai Te Lung Kung Fu and some methods of self-defense for younger people aged 6-12. (Children over 12 should join the adult class.)  
(Stan taught a children's class for two years at Fort Riley.)

Begins Saturday, June 11, 2-3pm,  
(class meets for 2 months)  
Class Fee: \$8, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 6 / Max. 12

**BASIC "PLAY WITH CLAY"** KS-5  
(Ages 6 - 10 years)

Sherri Swanson

Playing with clay can be an expression of a child's creativity. Basic clay techniques, including various ways to use clay and its proper handling, will be the focus of this class. Each child will complete two personal creations. Children should dress in old clothes.  
(Sherri is a senior in Elementary Education and enjoys working with clay and teaching children.)

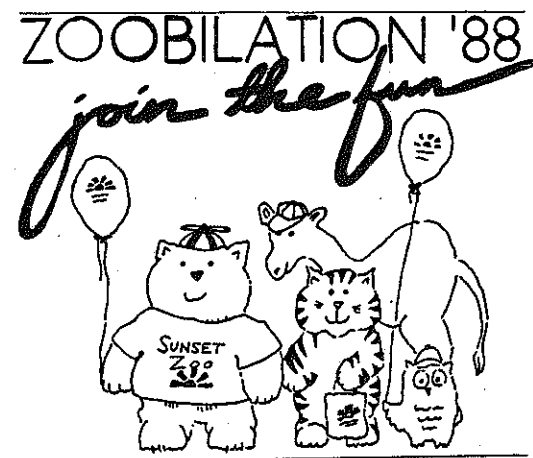
Saturday, June 25, 9:30-11am  
Class Fee: \$3, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 5 / Max. 10

**ORIGAMI FOR KIDS** KS-6

Qiaoping Jia

Enjoy the fun of making animals, birds, flowers and objects from a simple piece of paper, just as children in China have done for centuries. This is an opportunity for children to practice skills using both minds and hands while developing creativity and imagination.  
(Qiaoping, now a graduate student at KSU, is originally from China. She enjoys teaching origami.)

Mondays and Thursdays, July 7-18  
(meets 4 times), 7-8pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 1 / Max. 10



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Norma Nordgren



Class locations will be noted on your receipt. 13



# Earth

539-8763  
1221 Thurston

## BEGINNING ASTRONOMY

E-1

Larry Paris

537-3221

Ever wonder about the universe? What is a galaxy? Where are we? How can I learn the constellations? Come spend an evening learning about the universe and the constellations. Please bring a small flashlight. (Larry has taught this class several times and always enjoys it!)

Friday, June 17, 8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$.50, pay at class  
Limits: Min. 4 / Max. None

## MANHATTAN COMMUNITY GARDENS

You don't have space for a garden, or not enough space for all you want to grow. Come to the Manhattan Community Gardens - we still have some spaces available. If you have never gardened before and would like to learn, we'll help you. A small fee is charged for the plots, but all tools, tiller and water are provided for you. We also have some seeds and plants for your use. On Saturday mornings, May 28 and June 4, we will be at the gardens located at Riley Lane and 8th Street (south 700 block), to help you start your garden. Just come and join the fun of gardening! You may call UFM at 539-8763 any time and leave your name and phone number to reserve a garden plot.

Evelyn Campbell and Penny Stover are the 1988 Co-coordinators for the Manhattan Community Gardens. Both are seniors in horticultural therapy at K-State.

**14**

*Class locations will be noted on your receipt.*

## GEOLOGY OF FLINT HILLS LECTURE

E-2

Dr. Charles P. Walters

Kansas has been under water 50% of the time for the past 1/2 billion years. The ancient oceans left us on top of 1/2 mile of ocean sediment. This deposit of mud and fossils leaves Manhattan 1000 ft. above sea level. This lecture will focus on how the Flint Hills developed and some of the latest geological information for this area. (Charles is retired from the KSU Department of Geology where he is still remembered for his fascinating lectures and slide presentations.)

Tuesday, July 12, 7-9pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 10 / Max. None

## NATURE TRAIL WALK

E-4

Tim Rues

784-5535

Do you enjoy exploring native Kansas woodlands, but hate fighting dense undergrowth? If you do, then come and enjoy a guided tour along the newly established Kaw Valley River Nature and History Trail. Over 50 native plants are identified on this mile-long cleared trail located in the Kansas River bottoms behind the old historic First Territorial Capitol building. After the walk a guided tour of the museum will be given. (Tim has been the curator of the First Territorial Capitol for the past three years. He has an interest in Kansas history and its native plants.)

Sunday, July 31, 1-3pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. 15

## NATURE HIKE AT TUTTLE CREEK

E-3

Paul Weidhaas  
Melissa Brown

539-4805

While Tuttle Creek Reservoir is not a natural lake, there are many natural areas along its shoreline that support a diversity of native plants and animals. We will have a short slide program and then go outside for some hiking around the lake. Dress for the weather!

Sunday, June 19, 8:30am-noon  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. None

## GET TO KNOW MILFORD LAKE

E-5

Gregory Wurst

Let an experienced ranger show you Milford's popular fishing holes, camp sites and attractions, including the new fish hatchery. The tour will be adapted to meet the interests of the participants. (Greg has been a ranger at Milford for ten years and knows the lake inside and out).

Sunday, June 12, 12:30-4:30pm  
Class Fee: \$3, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 3 / Max. 5

## A VISIT TO CHEYENNE BOTTOMS

E-7

Members of the Northern Flint Hills Audubon Society

Cheyenne Bottoms is vitally important to hundreds of thousands of shorebirds and waterfowl during migration. Of lesser importance, but still of great interest is Cheyenne Bottoms 'role' in providing summer homes for a variety of birds. If we are lucky we will see ibis, egrets, avocets, yellow-headed blackbirds and many waterfowl, including cinnamon teal. Bring binoculars, a sack lunch, and gas money, and be prepared for a great day of bird-watching with a great group of people.

Saturday, June 4, 7:30am-6pm  
Class fee: \$4, pay at registration  
Materials Fee: Share Transportation cost.  
Limits: Min. None / Max. None



FIELD TRIP TO N. W. WABAUNSEE COUNTY E-8

Dr. F.C. Lanning 537-7599

This trip will be to the glacial area and nearby areas in the north-western part of Wabaunsee County. We will go to areas where glacial materials (agates, quartzite, etc.) and fossils will be found. Bring a sack for your "treasures". (Dr. Lanning is a long-time member of the Manhattan Gem and Fossil Club which is sponsoring this class).

Saturday, July 9, 8:30-11am  
Rain date: July 16, 8:30-11am  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None

GROWING HERBS E-11

Howard & Evelyn Campbell

Would you like to pick fresh herbs for your cooking? Learn how to raise, dry and store herbs for your own use or for gifts for your family and friends. We will explore new ways to use your dried herbs and you will also take a few plants home. (Howard & Evelyn have been raising herbs for five years. They are both seniors in horticultural therapy at K-State.)

Tuesday, June 7, 7pm  
Class Fee: \$3, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 5 / Max. 10

FLOWER ARRANGING DEMONSTRATION E-12

Evelyn & Howard Campbell

Let your creative abilities flow. Learn how to turn the natural beauty of flowers into works of art. An attractive flower arrangement enhances your decor and will be the envy of your friends. (Evelyn & Howard are seniors in horticultural therapy at KSU.)

Monday, July 25, 7pm  
Class Fee: \$3, pay at registration  
Materials Fee: \$4, pay at class  
Limits: Min. None / Max. None

CORSAGE MAKING E-13

Evelyn Campbell

Wearing a corsage can turn an ordinary event into something special. Learn how to create a corsage to wear yourself or give to a friend. Each person will take home their own corsage. So, plan a special event now. (Evelyn is a senior in horticultural therapy at KSU and the coordinator for the Community Gardens.)

Monday, July 18, 7pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$3, pay at class  
Limit: Min. 4 / Max. 12

PRAIRIE WILDFLOWERS E-14

Gene Towne 539-0353

This area of Kansas has many wildflowers. We will take a short hike through the prairie and learn the identifying characteristics and some interesting tidbit information about our local wildflowers.

Saturday, June 11, 10am-noon  
Rain date: June 18, 10am-noon  
Class Fee: \$2, pay at registration  
Materials Fee: None  
Limits: Min. 10 / Max. None

HORSESHOEING E-15

Greg Barron

This will be a beginning cold-horse-shoeing class aimed at people who have had no experience in horse-shoeing. Use of horseshoeing tools and care of the hooves will be covered. Each participant will also get hands-on experience if desired. (Greg has shod his own and other people's horses for over 10 years.)

Saturday, June 11, 8:30-10am  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. 10

KANSAS BUFFALO E-9

Kenneth Visser 461-5744

The buffalo, proclaimed the Kansas state animal, is a fascinating creature. Learn about these gentle beasts so important in Kansas History -- what they eat, what their habits are, and how they act on the prairie. You will see slides of a 2500 pound herd bull as well as a baby calf. A field trip will be planned after this introductory class so you can see actual buffalo in their natural environment. (Kenneth was an animal caretaker for the buffalo at Fort Riley, Kansas, during 1986 & 1987.)

Friday, June 24, 7-9pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

EDIBLE LANDSCAPE E-10

Penny Stover, Evelyn Campbell

When you think of a garden, there is a tendency to think in terms of vegetables or flowers--food or beauty, but it need not be an either/or situation. An edible landscape can combine the beauty of flowers with the usefulness of vegetables. You will see how this is done at the UFM gardens, have an opportunity to ask questions, and receive tips on how to plan your own edible landscape.

Day/date/time to be announced  
Class Fee: \$3, pay at registration  
Materials Fee: \$3, cost of book (optional)  
Limits: Min. 3 / Max. None

KANSAS LANDSCAPE ARBORETUM FIELD TRIP E-6

Gregory Wurst

The Kansas Landscape Arboretum near Wakefield is a wonderful place to hike, picnic, fish, enjoy nature, study trees and shrubs, see antique farm equipment, and much more. Sign up early; this trip will fill up quickly. (Greg is a lifetime member of the arboretum and a ranger for the Milford Lake Corps of Engineers).

Sunday, June 12, 8-noon  
Class Fee: \$3, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 3 / Max. 5

Class locations will be noted on your receipt.

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# Recreation



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## BEGINNING KUNG FU (PAI TE LUNG STYLE)

R-3

Stan Wilson 539-7723

Pai Te Lung is a Kung Fu style combining hard, soft, and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing. (Stan has studied martial arts for 17 years, is a black belt, and is a member of the Pai family. He is the author of 40 Intermediate Techniques of the Yama Bushi Kai, a Kung Fu manual and video set.)

Tues & Thurs. Begins June 14, 7-8 pm  
(Ongoing)

Class Fee: \$14, pay at registration  
Materials Fee: \$2, pay at class.  
Limits: Min. 3 / Max. None

## ADVANCED KUNG FU (PAI TE LUNG STYLE)

This class is available for those who wish to learn kata, application of kata, self-defense, awareness drills, and sparring. Please contact Stan Wilson, 539-7723.

## JUJITSU FOR BEGINNERS

R-4

Stan Wilson 539-7723

Japanese in origin, jujitsu stresses hands-on combat featuring throwing, low kicks, and wrist and arm locking. This class will include the hakko ryu basic waza form and walking exercises. This class is self-defense oriented. Participants must be age 15 or over. (Stan has a black belt in jujitsu and has taught martial arts for 8 years.)

Sundays, Begins June 12, 7-8:30 pm  
(Ongoing)

Class Fee: \$14, pay at registration  
Materials Fee: \$2, pay at class.  
Limits: Min. 3 / Max. None

## ADVANCED JUJITSU

This class is a continuation of the beginning jujitsu class. Participants will further their knowledge of jujitsu including drills and self-defense techniques. For further information call Stan Wilson, 539-7723.

## INTRODUCTION TO KARATE

R-1

Joel Cederberg

537-7090

This course will cover the basics and is for those who do not know anything about karate, but really want to learn. Karate is not easy and requires much hard work, practice, patience, and perseverance. Please wear loose clothing that you do not mind getting sweaty.

Mon/Wed/Fri. June 13-July 11

8-9:30pm (meets 12 times)

Class Fee: \$14, pay at registration

Materials Fee: None

Limits: Min. 4 / Max. None

## WHITE DRAGON TAI CHI

R-2

Stan Wilson 539-7723

This class will introduce the students to the White Dragon Kung Fu method of Tai Chi. We will study and practice the 138 move outer tiger form. This is not the usual version of Tai Chi. White Dragon Tai Chi is good for mental relaxation, meditation, and energy balancing. Other methods will be taught if students wish to continue this class.

(Stan has a black belt in White Dragon Kung Fu.)

Wednesdays, Begins June 15, 8-9pm  
(meets 6 - 8 times)

Class Fee: \$12, pay at registration  
Materials Fee: \$2, pay at first class

Limits: Min. 5 / Max. 15

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INTRODUCTION TO WINDSURFING

R-11

Brenda & Bernard Buster 776-3530

Windsurf on a dry-land simulator to see if windsurfing is the sport for you! Brenda and Bernard will demonstrate techniques and then you will get to try them. They will also cover safety, cost, use, and general information. All ages and sizes of people are welcome! (Brenda and Bernard are the owners of the Blue River Water Sports and are certified instructors through the Sailboard School System.)

Thursday, June 9, 6:30pm  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

DISCOVER SCUBA R-10

Roger & Shryll Hoffman 539-DIVE

This is an introduction to Scuba Diving for those 12 years and older. We will have a short slide presentation, a discussion period about safety, and then.... a chance to experience scuba diving in a pool. All you will need is your swimsuit and bath towel. We do all the work, you have all the fun! (Those interested in certification should call Roger or Shryll for information.) (Roger and Shryll are the owners of Divers Down in Manhattan.)

Sunday, June 5, 9:30am  
(Note: a new class will start every three weeks.)  
Class Fee: \$6, pay at registration  
Materials Fee: \$5, pay at class  
Limits: Min. 2 / Max.12

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VOLLEYBALL FOR FUN (16 AND OVER)

R-5

Lois Morales  
539-8867

Indoor volleyball can provide low-key competition, exercise and a great time. It doesn't matter if you are an advanced player or a beginner. Nets and balls will be furnished.

(Lois has played UFM volleyball for many years.)

Tues. & Thur. Begins June 7,  
6:30-8:30pm (Ongoing)  
Class Fee: \$3, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 1 / Max. None

BEGINNING FENCING R-6

James Eicher

En Garde! Learn basic fencing skills with foil, epee, or sabre. Fencing is one of the oldest sports known to man. It began with the ancient Romans in preparing for battle. Now, it has come to Manhattan, Kansas. Modern fencing is an exhilarating and fast paced olympic sport. The materials fee pays for the rent of all needed equipment. Men and women of all ages are welcome. Come cross blades with us.

(James began fencing in the Philadelphia area with one of the top clubs in the nation, SALLE CSISZAR. He fenced last summer in the National Championships in Phoenix, Arizona, and is currently a ranked Foilist.)

Wednesday, June 8, 7:15-8:15pm  
(class ongoing)  
Class Fee: \$12, pay at registration  
Materials Fee: \$10, pay at class  
Limits: Min. None / Max. 30

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GOLF FOR BEGINNERS

R-7

Jim Gregory 539-1041

For those who have little or no experience, Jim will cover fundamentals of the full swing, short game-pitching, and chipping and putting. Bring a wood, 9 iron, and putter. If you don't have any clubs, they will be provided free of charge. Here's a chance to find out if golf is the sport for you. (Jim, a PGA Golf Professional, is the golf pro at Stagg Hill Golf Course.)

Thursdays, June 9 - 23, 6-7pm  
(meets 3 times)  
Class Fee: \$8, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 4 / Max. 12

BICYCLING THE FLINT HILLS R-8

Dave Colburn 539-5639

If you want to ride your bike through the countryside around Manhattan but do not know which roads to take, this class is for you. We will use maps and a book written by a local writer. Information on organized rides will also be presented. (Dave has been riding around this area for 12 years.)

Wednesday, June 8, 7pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

LEARN TO PLAY DARTS R-9

Glenn Shaffner 537-4100

Members of the Mid-Kansas Darts Association will be instructing students on regulation play of the dart games Cricket 301, 501 and 801. The participant will be shown basic techniques, skill, and strategy. By the end of the course, students should be accomplished at the rules and basic dart finesse. Darts will be provided for those who do not own their own.

(Glenn has been playing darts for many years and is currently an officer in the Manhattan Darts League.)

Tuesdays, June 14-July 12, 7:30-10pm  
(meets 5 times)  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. None

Class locations will be noted on your receipt.





# Food



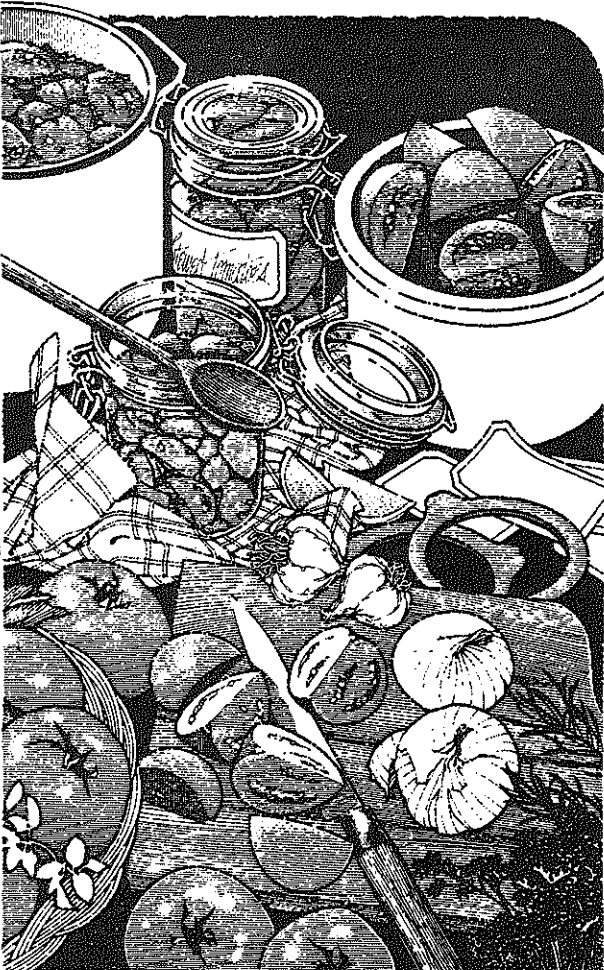
**539-8763**  
**1221 Thurston**

HOW TO CAN FRUIT, VEGETABLES,  
AND MEAT F-1

Uteva Powers

You will see a demonstration of canning meat, fruit, and vegetables in a pressure saucepan or pressure canner. We will discuss the open kettle method for fruits and also canning fruit without sugar. (Uteva has been preserving fruits and vegetables for more years than she's willing to divulge. Canning meat is a more recent accomplishment --she started that 28 years ago.)

Tuesday, June 7, 7:30pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 15



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*Class locations will be noted on your receipt.*

FOODS FOR HEALTH AND FITNESS

Bonnie Hansen F-4  
776-3438

Foods can build health, increase our energy and help us prevent illness, or they can literally destroy us. We are, in fact, what we eat. Learn the new ideas in nutrition for fitness, weight loss, and a healthy body. (Bonnie has been a private diet counselor, teacher and lecturer for the past fourteen years. She and her husband own the Diet Center and the Hansen Nutrition Center.)

Sect I: Tues, Aug 2, 10:30-11:30am  
Sect II: Wed, Aug 3, 7:30-8:30pm  
Class Fee: \$4/Sect. Pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. 20

CAKE DECORATING

F-3

Jo Rodriguez 537-8817

Have you always wanted to be able to decorate your own cakes? In this class you will learn how to decorate a cake from a professional. Bring a prefrosted cake to class (white frosting please). At registration you will be given a list of materials needed to decorate your cake. If you do not wish to decorate your own cake, you may sign up for a demonstration only. (Jo studied cake decoration in Chicago and taught cake decorating for many years. She also does wedding cakes to order.)

Wednesday, June 29, 6:30-8:30pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 10

SHOPPING FOR MEAT

F-2

Ron Warner 539-7045

Before you cook out this summer, take a few minutes to learn what to ask for when you go to the meat counter. Many kinds of cuts are available, and knowing about them will save you time and give you new meal planning ideas. (Ron has been a meat cutter for over 25 years. He has helped a lot of people with their meat needs and has answered many questions.)

Wednesday, July 13, 7pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. 12

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Jun 9	Golf for Beginners	R-7	17	Jun 17	Calligraphy	FA-15	5	Jul 14	Travel Story Swap	C-16	11
Jun 9	Windsurfing	R-11	17	Jun 18	Under the Hood	C-13 II	9	Jul 14	Intro to the Harp	FA-9	4
Jun 9	Therapeutic Touch	S-9	8	Jun 19	Tuttle Creek	E-3	14	Jul 16	Native American Wkshp	KS-1	12
Jun 10	Celtic Music	FA-11	4	Jun 20	Window Wizardry	FA-18	6	Jul 18	Corsage Making	E-13	15
Jun 11	Under the Hood	C-13 I	9	Jun 20	Spouse Abuse Discussion	S-2	7	Jul 18	Quality Play	S-6	7
Jun 11	Prairie Wildflowers	E-14	15	Jun 21	Playtimers Anon	S-8	7	Jul 19	Beg. Ceramics For Kids	KS-3	13
Jun 11	Horseshoeing	E-15	15	Jun 22	Guardians & Conservators	C-3	9	Jul 25	Flower Arranging	E-12	15
Jun 11	Bluegrass Music	FA-10	4	Jun 22	How to Buy a Bicycle	C-14	9	Jul 25	Paganism	S-13	8
Jun 11	Play with Dough	KS-4	12	Jun 22	Introduction to Zen	S-12	8	Jul 31	Nature Trail Walk	E-4	14
Jun 11	Kung Fu for Children	KS-9	13	Jun 23	Intro to Photography	KS-2	12	Aug 2	Foods For Health	F-4 I	18
Jun 12	Milford Lake Trip	E-5	14	Jun 24	Kansas Buffalo	E-9	15	Aug 3	Foods for Health	F-4 II	18
Jun 12	Kansas Arboretum Trip	E-6	15								

Class locations will be noted on your receipt.



# Registration Form

539-8763

1221 Thurston Manhattan, KS



539-8763  
1221 Thurston

## REGISTRATION

PLEASE PRINT ★★ ONE FORM PER PERSON

CLASS #	SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
TOTAL DUE			

Name \_\_\_\_\_  
Street \_\_\_\_\_ Apt. # \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

**SURVEY—Please check all that apply.**  
Have you taken a UFM class before? YES/NO  
Students ( \_\_\_ credit hours this semester)

Freshman       KSU Faculty/Staff  
 Sophomore     Under 13 years  
 Junior           13-18 years  
 Senior           Senior Citizen  
 Graduate        Fort Riley Personnel  
 Student Spouse  Handicapped

Do you require class to meet in handicapped accessible place

I would like to volunteer my skills in exchange for registration discounts.

I am interested in teaching for UFM

Classes I would like to see offered next term \_\_\_\_\_

KSU Student ID No. \_\_\_\_\_  
I hereby authorize the use of my Visa/Master Card  Visa  M/C  
Card No. \_\_\_\_\_  
Expiration Date \_\_\_\_\_  
UFM—913-539-8763  
1221 Thurston, Manhattan, KS 66502

PLEASE PRINT ONE FORM PER PERSON

CLASS #	SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
TOTAL DUE			

Name \_\_\_\_\_  
Street \_\_\_\_\_ Apt. # \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

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I hereby authorize the use of my Visa/Master Card  Visa  M/C  
Card No. \_\_\_\_\_  
Expiration Date \_\_\_\_\_  
UFM—913-539-8763  
1221 Thurston, Manhattan, KS 66502

### Four ways to register:

- A. WALK-IN:** Come to the UFM house, 1221 Thurston, during business hours (8 a.m.-5 p.m. closed noon-1 p.m.).
- B. MAIL-IN:** Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to: UFM, 1221 Thurston, Manhattan, KS 66502 (stamped, self-addressed envelope is appreciated).
- C. PHONE-IN:** With VISA or MasterCard only, you may call 913-539-8763 during business hours to register (minimum: \$5.00).
- D. SITES: See below.**

Wed.	May 25	Manhattan Public Library	5pm - 7pm
Thurs.	May 26	K-State Union	11am - 2pm
Sat.	May 28	Dorothy Bramlage Library Junction City	2pm - 4pm
Sun.	May 29	UFM House	2pm - 4pm
Tues.	May 31	Manhattan Public Library	11am - 2pm 5pm - 7pm
Wed.	June 1	K-State Union	11am - 2pm
Thurs.	June 2	UFM House	5pm - 8pm
Sat.	June 4	UFM House	2pm - 4pm
Sun.	June 5	Dorothy Bramlage Library Junction City	2pm - 4pm

### UFM CLASS FEES:

All UFM classes are offered by volunteers. All fee income will be used to help meet UFM operating costs.

### RECEIPTS:

After your registration form is processed, you will receive a receipt. This is your proof of payment. UFM will retain a copy.

### CLASS LOCATIONS:

When you receive your receipt, the locations of your classes will be included.

### REGISTRATION FEE EXEMPTIONS:

The following are exempt from the \$2.00 registration fee (but not class fees):

1. under 13 years of age
2. over 60 years of age
3. handicapped
4. full-time KSU students (an annual SGA allocation supports student participation)

### REFUND POLICY:

UFM will only give a REFUND voucher (redeemable for cash) in these instances:

1. the limited class you paid for has been filled
2. the class you paid for has been cancelled or significantly changed
3. you have overpaid

UFM will only give a CREDIT voucher (redeemable for UFM classes) in these instances:

1. you are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting
2. you earn credit by teaching or volunteering for UFM

If you have problems with UFM, please call us at 913-539-8763.

## TAKE TWO—GET ONE FREE

Register for two classes and select another class  
FREE OF CHARGE!

This free class is restricted to classes without a maximum limit, or on a space available basis. (Call two days prior to the class date.)

**20** Class locations will be noted on your receipt.

